

Savor Assignment

Purpose of Assignment

- Savoring allows you to capture moments of beauty.
- It encourages you to slow down and appreciate in the moment experiences.
- Savoring contributes to happiness.

Directions:

1. Develop a Savoring Album in Google presentation
2. Over the course of the next few days, capture as many moments of beauty or happiness as possible by taking a picture and uploading it to your presentation. These pictures should be taken by you and be representative of your life. They should not be taken from other sources.
3. Along with the pictures, enter brief text that describes the moment you captured in the photo. You should have a text box for each picture.
4. Answer the following discussion questions on the last slide,
 - What is meaningful about the moments you chose to capture?
 - What do you appreciate the most about this moment?
 - How did you feel about what you captured?